BEGINNING GOLF LESSONS
Now is your chance to learn how to golf!
This class is perfect for anyone thinking about taking up the game or for anyone who has been playing golf for a while, but has never had any formal instruction. Local PGA Certified Golf Professional, charter member and former coach of the Westminster “Swinging Griffins” Varsity Golf Team, Mike Nickas, will help to develop your game from the green all the way back to the tee. You’ll learn the five major shots including putting, chipping, pitching, irons and tee shots; as well as learn about the rules and history of the game, club design, etiquette and how to develop good practice habits. Sign up for this course and you will be well on your way to enjoying the game of a lifetime!
Don’t have your own clubs? Equipment and practice balls will be provided to you on class nights by Rose Park Golf Course.
The first class will take place on Westminster campus in a classroom (Gore 106), subsequent classes will meet at Rose Park Golf Course.
Cost: $130
Tuesdays, July 14 - August 18
6:00 - 7:30 PM
Location: First class will meet on Campus, Gore 106. All other classes will meet at Rose Park Golf Course, 1386 N. Redwood Rd., SLC, UT 84116
Visit our website for more information or to register.

CRUSH SPECIAL EDITION
Another Special Edition CRUSH starts Wednesday, July 8! What makes it special? Class is only 30 minutes and the program includes a step by step nutrition & exercise plan and 1-on-1 meetings with Laura (if you want) to help you reach your goals this summer! The 30 minute workouts are only as intense as YOU make them. All fitness levels are encouraged to participate and get in on this fun and supportive community.
- Class meets Mondays & Wednesdays from 5-5:30pm.
- July 8-August 6.
- Cost: $50 which will be refunded IN FULL if you attend all 9 classes.
- Register online!
If you have any questions, email Laura.
SUMMER OF INSANITY
There is another session of INSANITY too! INSANITY is a high-intensity interval training class that will help you reach your fitness goals.
- Tuesdays & Thursdays from 7-8am.
- July 7-August 6
- Cost is $50 which will be refunded IN FULL if you attend every class. Even if you miss a class or two and don’t get your money back it’s still a great value!

Register online today!

SWIM LESSONS
Registration for Session 2 of Summer Swim Lessons is now open! Swim lessons are just $25 and are only open to the Westminster community.
TUESDAY & THURSDAY MORNINGS
July 14th - August 6th
9:00 - 9:30 AM: Parent Tot and Level 1 (Tadpoles)
9:30 - 10:00 AM - Level 2 (Minnows) and Level 4 (Dolphins)
10:00 - 10:30 AM - Level 3 (Stingrays) and Level 5/6 (Sharks/Swordfish)

For more information visit our website.

STRAWBERRY WATERMELON ICEPOPS
As if you didn't already know...it's really hot outside! Here is a great, healthy recipe to help you cool off and enjoy summer!

HOLIDAY CLOSURES
The Eccles Health Wellness and Athletic Center will be CLOSED July 3, 4 & 24 due to college holidays.

Have a happy and healthy 4th of July weekend!